



Teen Fitness

YOGA

For details see page 34 in Adult Section.

YOUTH STRENGTH TRAINING

See page 18 in Youth Section for details.

TEEN SPORTS SPECIFIC PERSONAL TRAINING

This training will cater to teens ages 13-17 to encourage, engage and provide expertise for sport specific personal training. Our certified personal trainers will guide you through a customized program through which you will get fast and safe results. We will use effective and efficient training methods such as plyometrics, resistance band, bosu, free weights and cardiorespiratory training.

Location: Centennial Recreation Center

Fees: \$60 per session (individual sessions)
 \$264 6-session package @ \$44 per session
 \$468 12-session package @ \$39 per session
 \$560 16-session package @ \$35 per session
 \$612 18-session package @ \$34 per session
 \$792 24-session package @ \$33 per session

Personal training is only available for CRC facility members. The first session is an assessment session that will help the trainer establish the level of fitness of each individual to help determine training methods and to meet clients goals.

Teen Special Interest

SAT PREPARATION - CRITICAL READING & WRITING

Tips + practice + personalized feedback = a higher score on one of the most important exams of a student's life. Students will learn the basic concepts of & strategies for the Critical Reading & Writing sections. Each session includes practice exam sections - graded with personalized feedback from the instructor. Remaining '09 SAT exam dates are in Oct, Nov, & Dec.

Instructor: David Wang

Location: Community and Cultural Center, Madrone Room

Activity#	Date	Day	Time	Age	Sessions
2200.301	9/29-10/20	T	6pm-8pm	13yrs+	4

Material Fee: \$0.00 - full set of handouts (worksheets, homework, mini practice exam, some class notes) included in class fee

Residents: \$104 / CRC Member: \$99

Non Resident: \$114 / CRC Member: \$109

SAT PREPARATION - MATH

An in-depth review of all 4 math topics covered by the SAT. This class can also help students review/re-learn all the important math topics that should be mastered for future math classes. Sample problems - both multiple choice & "grid-ins" - will be demonstrated in class. Practice exam sections will be given & graded in class - & personalized feedback will be given to the students.

Instructor: David Wang

Location: Community and Cultural Center, Madrone Room

Activity#	Date	Day	Time	Age	Sessions
2200.302	10/27-11/17	T	6pm-8pm	13yrs+	4

Full set of handouts (worksheets, homework, mini practice exam, some class notes) included in class fee

Residents: \$104 / CRC Member: \$99

Non Resident: \$114 / CRC Member: \$109